

THE PATRICK EVENT

INTRODUCTION: Here is another Explorer tape taken from the research files of the Monroe Institute of Applied Sciences. This particular episode is quite recent, and we are presenting it now at the urgent request of those who have heard it here at the Institute. It represents a first-time event for us and caught us quite by surprise. It took place during a visit with one of the non-physical friends of ROMC. Without further comment here is what took place...

ENERGY-BEING (ROMC): We work with the energies surrounding the Earth, the energies in the air. We work with the energies of the sun and with fine energies that cannot be described in Earth terms. There are levels of energy beyond the Earth level, and the balance of the energies in the Earth level can make a difference in the nature of the transmission. If there is static, then the vibrations, the energy levels, and any area in the physical—we use the term «static»; that is when the balance is not perfect—then the transmission will not be exactly what it is meant to be. It is impossible to have a 100 percent transmission. That is why when material is sent through to the Earth level it is never a 100 percent accuracy because there are all these levels that are not in the complete balance. Also, there is a continual fluctuation in the process of energy balances.

Now, we are particularly speaking of the energy level of this entity (ROMC) who is ready to let us transmit through her. Her physical level is in an inverted process at this time, and it is a very good level for her cleansing, as she is

working in the inner healing. That is very important on the Earth level. It is a process that all physical beings should indulge in for the cleansing and regeneration of the inner selves.

The process of fasting is very important, and many of the natural beings on Earth... the animals will use the fasting process on a regular basis when their bodies become ill. They know immediately to go into the fasting process to allow the energies to invert, and to allow the inner selves to do their process of working on the energies of the internal functions.

At this time the energy process in this physical body has inverted, which means that the energies that normally are working outwardly into the universe have turned inwardly, and the inner selves are able to function in a different way. The inner selves are working in a speeded-up process, in a different manner than they usually function in. And this is why it is an important cleansing and healing effect, because it allows the major organs of the body to have a period of relaxation, with the exception of the heart and bloodflow. It allows the organs of the body to regenerate right down to the smallest cells, and the energies burst forth from each cell in a different manner within the physical body.

Normally, the energies will be sent forward. Food is the energy process that creates the flow in a different manner, which goes outward into the universe from the body. But during this process, when the food is not involved, when the energies are inverted and the cleansing takes place, it is a regeneration and a very important aspect of not only healing but of prolonging physical life.

A human or a physical body that has a regular fasting period throughout the lifetime will prolong his life by several years, because the physical body functions on its own energies, a process which works in a different way than when food energies are in the body. Also, it is important to give the organs a rest from their normal functioning so that the minute cells of the body can expand and operate in a different manner. It puts every cell in the body in an active mode in a different way.

The body itself is a living entity, and if the soul and mind will listen to the body, it will tell it many things. It is important to get into the attunement of the physical body, and this soul has tuned into this necessity and importance, and it is very helpful for us. However, we say that at this point, this very session that we had talked about will not function as we had planned, because of the nature of the energies.

We have something very special, however, that we want to do with you today. We would like to ask this dear soul to break the fast as of today, because she has performed that which is necessary at this point, and we would like to take up tomorrow that which we were going to do today—to work with *The Creation Process*. Because the energies in the *Creation Process*—we will need every aspect of energy—the inner body will have been regenerated, but we will need the energies to be... not inverted, but working out into the universe for what we need to do. We need the full aspects of energies.

However, what we will do—and this will be a very important session for us—We spoke to you of the tie-in between the Earth level of souls that have lived on the Earth and have

stepped out of the physical body. These souls are still very close to the Earth, and, in many cases, are not aware that they are no longer in the physical body. These souls need help. There are many millions of them surrounding the Earth in the feeling that they are still in their physical body. They are locked into a time zone, and therefore it is necessary to somehow penetrate their time zone, to relate to them individually, to talk with them, and help them become aware that they are no longer in the physical body.

There are many different processes to take and different methods, and the sensitivity of the person working with these souls is very important, because it is a type of counselling session. It is important to help the souls become aware of the fact that they are no longer in the physical body.

The first step is to allow these souls to express themselves as to where they think they are in the time zone, to have them relate their situation and their personhood as they know it. It is then possible to talk with them and go into their reality and relate to them. Often, they will relate to you because you are in the Earth level. And since they think they are still in the Earth body, therefore you can relate to them much more clearly than anyone from our dimension, because they simply are not aware of our presence.

We send levels of light and energy continually into their thought-forms, trying to penetrate and get through to them, but often it takes someone from the Earth level to make them aware of their situation. Then they can see the light. And if they realize that they have dropped the body and have died—in Earth terms—then we can take over and take the soul onto a level where we can help them recuperate and get them

adjusted into their new vibrations, into their new situation. Therefore, if you help souls become aware of their Earth situation and help them to turn over to us, we are then able to work with them.

We can send these souls into this channel through a special light-beam, a special ray of energy. We can send a soul, a personality, into this physical body (ROMC's). It is a special process. When we work with these souls we are able to do this. Then, from the level of the Earth body, from this physical body, the soul can speak through this channel. As a result, you can speak to the soul and help it become aware of its situation. Once enlightened that they have died... sometimes you must shock them into this realization if they cling to the fact that they think they are still living in an Earth body... You must follow your intuition as to how to help them realize that they have passed on.

Each situation is different. As each personality is very unique and each person is very special, you learn through the process of working with these souls. Once they have realized that they are no longer in the physical body, then you must ask them to search. You can ask them several questions. One is, if there is anyone that they know and love that has passed on into the other side, someone that was close to them. This tie of energy is important in helping to bring them across, because if they have someone that is close to them and they know has passed on, ask them to look for them; or if they hear a voice, the voice of a loved one, or if they can see them. Also, ask them to just look around and describe what they see. We send our helpers to them. Often, they will see but they will not see. And once the revelation has been made that they have passed out of the physical body, they can then

become aware of our presence. Therefore, you have done a very great deed; you have performed a great service in helping these souls to cross the boundaries of energies, breaking into their time level of energy, and releasing them into levels outside the Earth, outside the physical. We can then take over and help the soul to work in the other levels. These souls are so locked in a time zone that they cannot reincarnate into the Earth until they have been brought back into a level and period where they must grow and learn and become aware of their freedom and the levels of their energy.

We are going to send through to you now a soul who has been lost in a time zone. We are doing this today instead of talking about the *Creation Story*, because the energies of this body are such that it will be very helpful. We will be able to work from the Earth levels because of the inverted nature of this physical body at this time. We can do this in many, many situations, but we find that the physical energies are much better today for this process, this teaching we had planned. But we ask that you resume a session as soon as possible to continue on the *Creation Story*. It is one of the most important sessions for us, and we want the energies to be just perfect for it. We therefore ask this physical being to break the fast and be prepared for this session.

Now, we are ready. Do you have any questions before we bring in the lost entity, so you can be ready to work with this soul? If you have any apprehensions, do let us know, or if you have questions where we can help prepare you a little further for this process, do then, ask the questions.

MONROE: I have one basic question and that is, in any event, you still can remove this lost soul from the physical body of this entity, is that true?

ENERGY-BEING: We are in complete control of the energies of this lost soul as far as relating this soul into this body is concerned. This physical soul (ROMC) has worked with many of these entities before and has helped to release many. She is one who has a special ability and the right energies for us to work through. Her energies are very strong and there has never been a situation or a problem because we have her surrounded of a very special light. And the energy that comes in is locked into a special energy capsule and is penetrating... we are able to penetrate it into her aura so that the soul is able to speak through her vocal cords, and the personality is able to come through. But, at any time, we are able to take this soul capsule out of her energy body. There has never been a problem and we do not anticipate one because she is of the very equal balance of energy which makes it easy for us to work in this way with the lost souls.

There are special beings on the Earth level who have the right foundations of energy. And she being an earth sign, the Capricorne —a double Capricorne— she has much strong earth elements in her, and the energies of a strong earth being is very helpful to us in being able to bring in the soul capsule to work and then to release.

There has never been a problem of a soul getting caught into this aura because we work very carefully. This is a very special process, and is part of the lesson we are showing to you. This is not a possession situation. That is a completely different situation where the soul goes into the aura of a being that has a like-attraction. But this is a different source of energy.

This being that we will bring into the consciousness level will be one that is thinking... is aware... that it is alive, but that thinks it is still in its physical body. It is not aware that it is in another physical body, and that is also another process that you can use: to ask this being to touch its physical body and see if it feels like the one it always had. Often, the soul realizes that it is a foreign body, which causes a shock to them. This shock is a good process because it helps them realize they are no longer in their physical body. And when this realization comes we take this soul out and relate to it directly. We can work with the energy levels of these souls in many ways, but we cannot usually relate to them directly because they will not perceive our presence. And that is the basis upon which we need help from the Earth level. The souls will perceive your presence because you are very close in the Earth level. Is this understandable to you?

MONROE: Yes, thank you. As you can observe, my main concern is fundamentally for this dear entity that is helping in this process.

ENERGY-BEING: We will say that there are many levels of souls that are lost. And the ones that we send through are those who are right on the verge of coming through. There are souls that are in such darkness that we would not attempt to bring them in because of their nature. It would take much more for them to come to the realization... but there are many delightful souls, beautiful personalities that are lost in the universe just from the ignorance of being locked into a special thought-form. Sometimes it comes from the trauma of the event of their death, and it is so traumatic that they are locked into the very recent fear, the fear they had just

before they entered the death process, and therefore this fear itself can lock them in. We will thus bring through only those souls that are right on the verge of enlightenment, or who are in a crying need of help. And these are the souls that we work with.

There are those, as we say, that need much help on many other levels that we work with all the time. All souls have surrounding them many, many helpers. There are many levels... and that is why no soul is really lost in the universe. There is no such thing as a lost soul. This is a concept that was created in the Earth level, that there are souls that go into a hell and will always be lost. This is strictly an Earth concept and is not the reality of the situation, because in the universe every soul has all levels of consciousness, the highest and the lowest. And those souls that seem to be lost in their lower levels are those souls that are locked into their very slow vibration.

It is therefore a matter of bringing the souls out of their slower vibrations and into other, higher levels of their own being. Therefore, those souls that are lost... there are lost souls that are living in the body and there are lost souls that are living out of the body... but there is no such thing as being lost in eternity, because there is no such thing as time. And therefore it is a continual process, working with these souls, and bringing them out of the time capsules. We work with all souls in all levels, whether they be in the body or out of the body. It is a continual process of helping them become aware of their natures... And now, we are ready, if you are ready...

MONROE: Yes, we will do our best to help...

ENERGY-BEING: Just be aware that this person will speak through this body, and do not be surprised as to what happens. Relate to this personality in the best way that you know how, just as you would speak to any personality. You have worked with these souls on many levels and you are very well prepared for this work, because you travel out and work with them quite often. In fact, you might meet a familiar soul...

MONROE: That would be very interesting...

ENERGY-BEING: We will have to shift energy patterns, and it will take a few minutes of Earth time as we bring this soul into this capsule, into this energy body.

MONROE: Thank you, we will wait...

(Entry of lost soul, Patrick O'Shaunessey, into ROMC's aura or energy body. The soul has been encapsulated in a special light beam, and therefore is able to speak through ROMC's vocal chords.)

PATRICK: It's so cold... oh, it's so cold out in this water. Oh God, it's so cold... I just seem to be floating out here. Oh, for how many days... it's so cold... I don't see any... any of my shipmates...

MONROE: But I can hear you... I can hear you...

PATRICK: Who's calling?

MONROE: This is a friend... and I can hear you...

PATRICK: Where are you? Are you floating?

MONROE: This is a friend. I am not far from you.

PATRICK: Are you floating on a log?

MONROE: I am close to you.

PATRICK: My ship went down. It went down in the night.
I've been floating out here...

MONROE: Yes, and I can hear you. You can talk to me now.

PATRICK: I've been calling for help... for at least 12
hours. I've lost track of time...

MONROE: What is your name?

PATRICK: There was an explosion...

MONROE: What is your name, so I can talk to you...

PATRICK: Patrick.

MONROE: Patrick?

PATRICK: Patrick.

MONROE: Hm, hm...

PATRICK: Oh! it's so good to hear a voice...

MONROE: I'm glad, I'm glad I can talk to you, Patrick. What happened, Patrick?

PATRICK: I was in the kitchen preparing the evening meal, and all of a sudden it became very warm... and there was an explosion... and the next thing I knew I was floating... floating out in the darkness... and it was cold... and I grabbed onto a log... and I felt so very alone... I haven't been able to see any of my mates.

MONROE: That's alright... What is your address? Where was the kitchen where this happened?

PATRICK: It is in the ship that I have worked in for years, and I am from my native country of Scotland... and I have worked in the kitchen of my ship... and this is my means of making a living. I spend at least nine months of my year on the water, which is my natural habitat... but I don't like spending my time in the water, it is very cold... and I have fear of the sharks...

MONROE: Yes, I understand that... What is the name of your ship?

PATRICK: My ship?... it is the ship...*Laurabelle*. It is a small ship... and I have been fortunate to work on the *Laurabelle* for several years. We transmit lumber and other materials from Scotland across the bay... to other countries where there is need for materials.

MONROE: Where did you now just sail from? What was the name of the port?

PATRICK: The port... my mind is not clear... it seems... we sailed... out of Ireland, the last time...

MONROE: What was the name of the port that you sailed from this last voyage?

PATRICK: It seems so long ago... my mind is not clear... we sailed... it is... what year?... it is in the 1879... and we sailed from... Bar... Bay... Barbay Harbour. Barbay Harbour in Scotland.

MONROE: What is your last name, Patrick?

PATRICK: O'Shaunessey.

MONROE: O'Shaunessey... Oh, yes, that's a good name...

PATRICK: Who are you? Where are you?

MONROE: My name is Robert, and I am Scotch also...

PATRICK: Robert... I have been calling for help. How did you hear my... how did you hear (*crying*) my call...!

MONROE: It was not hard, it was not hard...

PATRICK: (*still crying*) I... I'm sorry...

MONROE: Patrick, I came to talk to you, because you called, and I came. So now you can hear me, and that is good.

PATRICK: Thank you... it's so dark out here... I'm holding onto a log but it's so cold and I don't see any of my ship-

mates, and I don't see the ship... It was dark when I hit the water... and I grabbed... I grabbed the first thing I could. I think I grabbed hold of a beam... but I called, and I called and I haven't heard anyone until I heard your voice... I... I feel happy that you've answered.

MONROE: That's fine, Patrick.... Where were you born? Where were you born in Scotland?

PATRICK: Where was I born?

MONROE: Hm, hm...

PATRICK: I was born... in a small village of Orban... Orban; a very small village.

MONROE: What was your birthdate?

PATRICK: I was born in 18... 20... 21. In 1821.

MONROE: In what part of Scotland?

PATRICK: It is in the northern part of Scotland...

MONROE: In the northern part, eh?

PATRICK: I was born in the water, ah, ah, ah!... I've been a sailor all my life, but I don't like to stay in the water this long... I must have been here overnight, at least 12 hours... and it's so cold... I really... can you help? Can you help?

MONROE: Yes... Let's see if we can get you out...

PATRICK: Where are you? I can't see you!

MONROE: Well, if you just listen to me very carefully, I believe we can get you out. Wouldn't that be nice?

PATRICK: Ah... it's so cold... it's December. Are you on a boat? Can I reach for you?

MONROE: You can reach and come to where I am and come to my friends... and one of the ways you can do this is, first of all... are your mother and father still alive?

PATRICK: Oh, no... my mother and father... they died when I was a young lad... it was quite sad because we were such a close family. I have four brothers and sisters, and we were all quite young... and to lose our parents was so... so tragic... Oh!... to see my parents again... I would call for their help... but I have not heard... I feel lost...

MONROE: Well, look around... I think if you look up... if you look up above you somewhere, and remember how they looked, and look for them, I think you may see either your mother or your father... you may hear their voice... Listen very carefully, and look up over you somewhere...

PATRICK: I barely have my head out of the water... if I could just see them... I think I've been in a coma because I've seen flashes of faces around me... but I just know that I'm still alive, and clinging to my log...

MONROE: Well, one of the things that you have to consider, now, and this is what I am here to help you do... help you find your mother and father... because you are like them, now... you are like them, now...

PATRICK: I am like them?

MONROE: Yes, you are like them, now... You have... graduated. You have grown, and you are ready to move into another place.

PATRICK: By golly! You say that I have not... I am... I am?

MONROE: You no longer need to be swimming in the water any more. You can go much beyond that, now...

PATRICK: By golly! I no longer need to hold on to the log?

MONROE: No... let go of the log...

PATRICK: I'll let go of the log and see what happens...

MONROE: Let go of the log, and see what happens...

PATRICK: I just... feel relaxed... I must have... Are you saying that... when the boat exploded... that I died?

MONROE: Yes... and it's not so bad; it's quite good as a matter of fact...

PATRICK: But... but I'm still alive!

MONROE: But... naturally you're still alive... you do not die when your physical body dies...

PATRICK: I know! I know!

MONROE: Well, you are free now... to do many, many things that you could not do before...

PATRICK: I feel so light... I've been clinging to my log, and to my life... my boat, my ship... because that is all I ever had in my lifetime... my boat, my family. I can let go of it now...

MONROE: You can let go because you're free...

PATRICK: I'm free...

MONROE: You're free...

PATRICK: I feel like I'm floating above the water...

MONROE: You can do that...

PATRICK: I feel lighter...

MONROE: You're free... beautifully, wonderfully free...

PATRICK: I see a hand... who is reaching for me...

MONROE: Let this freedom come to you...

PATRICK: ...is reaching for me... oh! by golly!... Who is reaching? Someone is reaching their hand out to me...

MONROE: And there will be light growing for you, and you will be able to see in a new way...

PATRICK: It's lighter... oh, the darkness has lifted! I have released the ship... I have released... I feel like I am floating... I'm floating above the water... I can see... Is that my mother?... My mother...?

MONROE: Yes...

PATRICK: It is my... mother! (*crying...*)

MONROE: Yes, and you can move on...

PATRICK: It's my mother!... my father!... reaching for me...
(*inaudible*) I'm so happy...!

MONROE: And you can go with them, now. You're free. You're free to go with them...

PATRICK: Excuse me for crying... but I feel so happy... I don't know... who you are... but you've helped...

MONROE: I am a friend...

PATRICK: Thank you...

MONROE: And you are free, Patrick. You're very free...

PATRICK: Thank you... They are taking me and telling me I can go to them... to a place that is quite beautiful... Oh! it's good to get out of the water! and out of the darkness! Thank you.. I... I... I...

MONROE: There are many friends waiting for you. Go on and away... You're free. Goodbye, you're free...

(*Breathing...*)

MONROE: Reel time: 1 hour plus.

(*Long pause...*)

ENERGY-BEING: We say thank you for the very fine job, for what you have done is helping to release this soul that was locked into its own thought-form and fear-form. Thank you. We have been able to take this soul with the energies of its closest Earth relatives, his dearly beloved parents. There is a grand reunion taking place right now, and great light surrounding all of them. You have done a great service, not only for us but for this soul. And now, this soul has transmitted into a new level of energy and will be able to continue on from there.

This is what we have tried to describe as *thought-forms* and *fear-forms*, where souls can get locked in. However, we do not want souls that are alive in the Earth body to be afraid that they will be locked into these levels for many years of Earth time, because that fear in itself can create a fear around them. We want Earth beings that are in the Earth body to become aware of what can happen, so that they will know immediately upon the process of death they will feel the change in their physical level. It is the emotional process that does not change and is locked in the physical level.

Immediately upon transformation the physical body is in a completely different state. The energies change, because once the physical has dropped there is a much... the level is much lighter, as you understand. The mental levels are performing very much the same, even though they are also on a different level of vibration... a much more speeded-up level. But often it is the emotional level that locks the souls into the Earth plane and keeps them locked into the physical.

We say to all who would listen to this, to know that immediately upon dropping the physical body, there is a transformation, a lightness of the physical... The mind is in control

and it is always in control on the physical level. You have the same capacity, but there is a change in the density of the energies. However, because the Earth is an emotional level, often souls are locked in strictly because of the emotional...

There are times when the mental thought-forms can lock souls in because of training that is put into the mind... Certain concepts that a soul will sleep for eternity until trumpets will sound, for example... Souls who have been trained through religious thought-forms, that certain things will happen upon death, and when this thought goes into the mind and is encapsulated within the soul, upon dropping the physical body, these thought-forms can keep souls locked into a state where they think they are sleeping and waiting for trumpets to sound. We often have trouble relating to these souls because they do not hear our «trumpets». They are waiting for the trumpets to sound, but sometimes souls will wait until they get bored, and this will open their spiritual eyes. They will look around and realize that they are still alive, and that though the trumpet has not sounded they are alive and well...

Often at this stage we can begin working with the souls. We say, however, that they can be locked into emotional thought-forms and also into mental thought-forms. And this is why sometimes concepts that are put into the minds, strong concepts as to what will happen to a soul immediately upon transformation...

These thought-forms can also lock souls into the Earth level, and sometimes for many thousands of years —of Earth time, of course. As we have said, over and over, there is no time; it

is only a second of eternity. But if measured in Earth time, it seems... it can go for many, many years... Therefore, we say, to all those who would listen, not to become afraid that, once upon dying you will be locked into a level and not know that you have died. Just upon the realization of what happens to you upon the death process, that in itself is important to reveal to you.... that you lock yourself into levels, mental and emotional. In fact, many are locked into emotional, mental, and even physical confinements, even during the physical life.

You can hide yourself into your thought-forms, within your fears. You hide behind levels where you lock yourselves into tiny capsules of fear and into levels of thinking —mental concepts, whether religious concepts or other concepts— strictly without growing or learning or releasing. Often, you can be locked in throughout a physical lifetime, and also when the body drops, because it is that that keeps you locked in, whether the body is alive in the physical plane, or whether the body is alive in the spiritual or etheric plane.

It is important for you to know, friends on the Earth level, that if you are aware of the levels of your own consciousness and are aware of the ways in which you lock yourselves in... release all of the thought-forms, emotional thought-forms of anger, and the thought-forms of hostility that you hold toward others, always realizing that it is only you who suffer, because you lock yourselves into the thought-forms of anger, the thought-forms of hostility, and can harm yourself more than others. At the same time your thought-form can penetrate into the aura of those you send anger toward, or hostility toward.

Thought-forms are very powerful. They do not only stay in your level, but they float into the atmosphere and penetrate directly to that person to whom you send hostility or anger. Also, fear-forms can penetrate to others. When you send these thought-forms filled with anger and resentment—and there are souls who carry resentment in these capsules within them for many years of Earth time—you must break into these levels and release any resentment from past. Often, souls will carry these capsules of resentment and hostility for several lifetimes. It is therefore important to break into these and to release them. If they are broken, do not release them to others, release them from within and surround them with the light of your higher being.

The higher levels of love are the levels of energy and light that can help to penetrate into these thought-forms, and each soul has within them the capacity, the higher energies of love. Souls have within them these most intense levels, but until they release some of the energies of the thought-forms of hostility, they cannot penetrate into the levels of love, which is a level of energy that is within all levels of life. It is the pure form of energy. That is what *love* is. It is the pure form of energy that recognizes itself within all levels of life, in all levels of energy. It is the highest level of energy within every life form. And this is the essence of love. It is that which recognizes itself the highest level of energy.

Ask for this energy. Those who want to have the thought-forms—emotional fears and hostilities, and that which can lock them to their lower selves, to have this penetrated—ask for help. Within each cry of help there is always an answer. There are many, many life forms—the higher levels—that

immediately come to the help. Ask and you shall receive. This is a universal law. There are many «angels» so to speak, whatever term you would use... there are helpers in the universe waiting to help you to be released into your higher selves. And this is why we are showing and demonstrating how the thought-forms, emotional thought-forms of fear, emotional thought-forms of hostility and resentment, how souls lock themselves in... and the light cannot always penetrate.

Often, there are just little areas hidden back in the dusty corners of the soul, where the soul will release some and say: «But I can not forgive this. I cannot forgive...» But you must forgive. And the forgiveness must come from within each soul. It is something that locks the being down, a soul down. If you do not forgive, and forget (!) and release the energies, and let the higher love energies which are a part of all souls, all energies in the universe... Release and receive the realization, the higher freedom of being, being in the higher form of life.

MONROE: Thank you very much. We will remember and pass along this very, very important event...

END OF RECORDING
